

# The State of Washington



## Proclamation

*Caring Every Day* is the national theme for Family Caregivers Month. Family caregivers are encouraged to take three steps each day to make their lives easier, improve care, and raise awareness about their continued love and commitment. The three steps include: **believe** in yourself; **protect** your health, and **reach** out for help. The state of Washington supports this theme developed by the National Family Caregivers Association.

Family caregivers in the state of Washington provide an enormous support to their loved ones who are frail, chronically ill, have disabilities, or need a stable home. One of every four people is a caregiver for a family member or friend.

More than 35,000 grandparents in our state are raising their grandchildren. These grandparents along with other kinship caregivers face day-to-day challenges in their efforts to provide these children a safe, stable and happy childhood.

Prolonged caregiving can adversely affect one's physical and psychological health, current and future employment status and earning ability, ability to balance the needs of older parents and younger family members, and the ability to meet personal needs. To assist family caregivers, the state of Washington offers help through the Family Caregiver Support and Respite Program, the Kinship Caregivers Support Program, and the Relatives as Parents Program.

Because family caregivers are the mainstay of long term care, and many grandparents are raising their grandchildren,

I, Christine O. Gregoire, Governor of the state of Washington, hereby proclaim  
November 2005 as

### *Caregivers Month*

I encourage all citizens to appreciate the caregivers in our communities.

Signed this 11<sup>th</sup> day of October, 2005

A handwritten signature in blue ink that reads 'Christine Gregoire'.

Governor Christine O. Gregoire

